GERMAN

Beer-Braised Beef Ribs

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	**4**	**20 min**	**2 hr 30 min**	**Braise**	**Beef rib rack**

Ingredients

- 2 racks of beef ribs, about 1.8 kg (4 lb) total, cut into 3-bone pieces
- 2 tsp salt
- 1 tsp black pepper
- 2 tbsp vegetable oil
- 2 onions, sliced
- 3 carrots, cut into chunks
- 3 cloves garlic, chopped
- 2 tbsp tomato paste
- 1 tbsp whole-grain mustard
- 1 tsp caraway seeds
- 500 ml (2 cups) dark German lager or Dunkel
- 250 ml (1 cup) beef stock
- 2 bay leaves
- 1 tbsp brown sugar
- 1 tbsp apple cider vinegar
- Parsley, to serve

Steps

1. Heat the oven to 160°C (325°F). Season the ribs with the salt and pepper.
2. Heat the oil in a large Dutch oven over medium-high heat. Sear the ribs in batches for 3 to 4 minutes per side, until deeply browned. Move to a plate.
3. Lower the heat to medium. Cook the onions and carrots in the same pot for 6 minutes, until soft and golden. Stir in the garlic, tomato paste, mustard and caraway for 1 minute.
4. Pour in the beer and deglaze, scraping up the browned bits, then simmer 3 minutes. Add the stock, bay and sugar.
5. Return the ribs, bone side up, so the liquid comes about halfway up. Cover and braise in the oven for 2 hours, until the meat is tender and nearly falling from the bones.
6. Lift the ribs onto a plate. Skim off the fat and boil the sauce on the stove over high heat for 5 to 8 minutes, until slightly thickened. Stir in the vinegar and taste.
7. Spoon the sauce and vegetables over the ribs and finish with parsley.

Notes

- **Serving:** mashed potatoes, spätzle or red cabbage soak up the sauce.
- **Beer:** a malty dark lager works best; hoppy beers can turn bitter on reducing.
- **Make ahead:** better the next day; chill and lift off the solid fat before reheating until steaming hot. Keeps 3–4 days, or freezes 3 months.
- **Slow cooker:** brown the ribs and build the sauce as written, then cook on low 7–8 hr or high 4–5 hr. Skim and reduce the sauce on the stove.